



Pocomoke Paddler

VOLUME 11, ISSUE 1

2012 FALL NEWSLETTER

SPECIAL POINTS OF INTEREST:

- Add a recipe to your collection! Check out page 5 for details.
- Looking for something to do on the weekends? Check out our upcoming events!

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The Fruit of the Mighty Oak! AKA It's been a nutty year?

A "Mast" Year

Have you ever wondered why some years there are only a few acorns on the ground and other years they appear to be everywhere. This year in particular you may have noticed a lot of crunching underfoot if you have an oak tree in your yard. There are several theories that try to answer the question of acorn quantity. One possibility relies on the amount of "seed predators" in an area. On a normal year many acorns are snatched from the tree by birds before they hit the ground. Other animals, such as deer and mice, glean the seeds rapidly before



they have a chance to germinate. On a "mast" year, or a year of great abundance, there are not enough predators to finish off the acorns. This enables germination of some seeds and helps to ensure a future for the oak trees in an area.

Another possible reason behind a mast year is the weather. This theory holds that unusual stress on the tree, such as excessive rain, heat, drought, etcetera causes the tree to respond with a bumper crop thus

ensuring the survival of the species.

Acorn Facts

The acorn is a food staple that dates back to ancient times. The acorn is mentioned as a food source for human consumption by the Ancient Greeks, with the oak tree being favored by Zeus. It is estimated that since that time people have eaten more acorns than both wheat and rice combined. Why?

1. A mature oak tree can produce almost a thousand pounds in a growing season. Imagine a "mast" year! (a year of great abundance)
2. Acorns are naturally sweet after the tannic acid is leached out. The tannic acid makes the nuts bitter and dangerous to consume too many. The acorns of the white oak, however, contain little tannic acid.
3. Acorns are known to have a low sugar content.
4. They are a reliable source of Carbs and low in fat.
5. High nutritional value.

Given the facts above, why are acorns not more readily consumed today. The answer may be in the processing involved before acorns are safe for human consumption.

Getting them Ready to Eat

A few animals, such as whitetail



deer, have a digestive system that can tolerate tannins or break them down. Humans are not one of these animals.

In sensitive individuals, a large intake of tannins may cause bowel irritation, kidney irritation, liver damage, irritation of the stomach and gastrointestinal pain. In general, if you plan on consuming copious amounts of acorns, it is necessary to get rid of the tannins

To rid the acorns of tannins:

1. Shell the acorns.
2. drop the meat into a pot of boiling water.
3. Remove the acorns once the water turns dark.
4. Repeat this process, until the water in the pot remains mostly clear.
5. The water must already be boiling before you drop the acorns into the water.

Save the brown water achieved from boiling the acorns! It can be used a laundry detergent or in the process of tanning hides. The name tannic acid comes from the fact that it was originally used to tan animal hides.



To make
event
reservations

Call
(410)632-2566
extension 115

Email
apease
@dnr.state.
md.us



2013 Calendar of Events



January 12th, 19th and 26th "Bald Pocomoke!" 3-5pm People aren't the only things bald along the Pocomoke River. The Eagles and the Cypress are too! Join a naturalist and explore the world of the Bald Eagle and Bald Cypress as you cruise the Pocomoke River on the BAY QUEEN. \$20 per person. Call today to learn more and to make your reservations!

February 9th "Owl Prowl" 5pm Join a naturalist as we explore the nighttime world of the owl. Take a hike and look, listen, and call for our creatures of the night. Call today and make your reservations! \$3 per person or \$10 for a family of four.

March 23rd "Feathers in Focus Photo Shoot" 1-3pm Whether novice or expert, all are welcome to photograph our birds of prey in their natural setting at Pocomoke River State Park, Shad Landing. \$10 per photographer.

March 31st "Outdoor Survival" 1pm You are lost in the woods, how would you survive? Join a naturalist to find out some simple solutions to survival in the wilderness. \$3 per person or \$10 for a family of four. Call to make your reservations today!

April 6th "Owl Prowl" 7pm Join a naturalist as we explore the nighttime world of the owl. Take a hike and look, listen, and call for our creatures of the night. Call today and make your reservations! \$3 per person or \$10 for a family of four.

April 13th "Outdoor Survival" 1pm You are lost in the woods, how would you survive? Join a naturalist to find out some simple solutions to survival in the wilderness. \$3 per person or \$10 for a family of four. Call to make your reservations today!

May 18th "Spring Sounds Night Hike" 7pm Adventure into the darkness as you experience a new side of Pocomoke River State Park! Program will explore the different senses we use to help guide us through the dark. We will be hiking a small section of trail, so wear appropriate footwear and clothing for the weather. \$3 per person or \$10 for a family of 4. Space is limited, so call today to make your reservations.

June 1st "Constellation Exploration" 7pm Explore the stars over the Pocomoke and gaze at the heavens. Fun for the entire family! Take a journey with games, stories, and good old sky gazing with the naturalist to discover the night skies. Call to make your reservations today! Donations welcomed!

June 15th "Evening Paddle" 7-9pm Enjoy an evening paddle down the serene waters of the Pocomoke. Discover the wonders that abound on the river as the sun sets. Meet at the Boat Rental Area by the river-front. \$20 per canoe or tandem kayak, \$15 per single kayak. Have your own canoe or kayak bring it along for just \$5 per person.

July 6th "Ice Cream Social and Raptor Show" 2pm Cool off with a scoop of ice cream and enjoy a close up encounter with a bird of prey. Join a naturalist as we explore the wonderful world of raptors. Meet at the Shad Landing Camp Store. \$3 per person includes scoop of Ice Cream.

July 20th "Moonlight Paddle" 8-10 pm Enjoy a moon lit paddle down the serene waters of the Pocomoke. Discover the wonders that abound on the river as the sun sets. Meet at the Boat Rental Area by the river-front. \$20 per canoe or tandem kayak, \$15 per single kayak. Have your own canoe or kayak bring it along for just \$5 per person.

August 10th "Evening Paddle" 7-9pm Enjoy an evening paddle down the serene waters of the Pocomoke. Discover the wonders that abound on the river as the sun sets. Meet at the Boat Rental Area by the river-front. \$20 per canoe or tandem kayak, \$15 per single kayak. Have your own canoe or kayak bring it along for just \$5 per person.

August 31st "The Good, the Bad, and the Ugly" 7pm No matter what an animal looks like, it has a very important job to do in nature. Join us as we take a look at some local birds of prey and reptiles. Meet at the Shad Landing Nature Center Amphitheater. Program is Free, Public Welcome.

September 14th "Evening Canoe Trip" 5-7pm Enjoy an evening paddle down the serene waters of the Pocomoke. Discover the wonders that abound on the river as the sun sets. Meet at the Boat Rental Area by the river-front. \$20 per canoe or tandem kayak, \$15 per single kayak. Have your own canoe or kayak bring it along for just \$5 per person.

October 5th "Fall Colors Paddle" 3-5pm Enjoy an afternoon paddle full of fall colors on the serene waters of the Pocomoke. Discover the wonders that abound on the river. Meet at the Boat Rental Area by the river-front. \$20 per canoe or tandem kayak, \$15 per single kayak. Have your own canoe or kayak bring it along for just \$5 per person.

November 2nd "Feathers in Focus Photo Shoot" 10-1pm Whether novice or expert, all are welcome to photograph our birds of prey in their natural setting at Pocomoke River State Park, Shad Landing. \$10 per photographer.

December 7th "Holiday Crafts" 1pm The Holiday season is here; are you ready?! Come on out and make that special someone a gift to remember. All ages are welcome! \$3 per person or \$10 for a family of four. Call to make your reservations today!



Park-ticulars

What's going on at Pocomoke River State Park this Fall? All information and hours are subject to change, so please call ahead before your visit at (410) 632-2566.

Camp Store, Extension 107:

Open from Nov. 22-Dec. 2. After Dec. 2nd the store will be closed until the spring. Camping self-registration is in effect or call 1-888-432-2267 to make a reservation.

Boat House, Extension 107

Boat rentals will begin in the spring. If you have your own boat, Shad Landing boat ramps are open year-round.

Trails, Extension 149:

Hike the Trail of Change at Shad Landing, a 3/4 mile trail through the forest and cypress swamp. There are also several "camper" trails throughout the park that are marked by colored posts for easy hiking.

Camping, Extension 107:

Shad Landing is open year-round for camping (electric, non-electric, and mini cabins) Self-registration is in effect. Milburn Landing Area will reopen in the spring.

The Chandler ORV Trail is closed for off-road vehicles, but open for hiking (see page 6 for details). For more information call 410.632.3732.

Donations Wanted!

We are always looking for donations. All items are tax-deductible! This year we are looking for:

- ◆ Gift certificates or cash donation of any size
- ◆ Any size aquarium
- ◆ Power or hand tools
- ◆ Animal carriers
- ◆ Animal mounts
- ◆ Lumber
- ◆ Binoculars
- ◆ Laptops
- ◆ Plastic storage totes
- ◆ Field guides
- ◆ Nature computer games or board games
- ◆ Kid's microscopes/ science equipment
- ◆ Waterfowl decoys
- ◆ Aquarium filters and decorations
- ◆ Children's nature books
- ◆ Colored paper
- ◆ Don't have any of these items? Volunteer your time! We are always looking for help around the park, nature center, animal care, giving programs, or articles for the Pocomoke Paddler!

If you have anything you would like to donate please contact Angie Pease, Park Service Associate, at 410.632.2566 ext 115 or email us at pocomokepaddler@dnr.state.md.us.

Thank you and have a wonderful 2013!

Nature Center, Extension 106:

The nature center will be closed for the fall and winter. If you would like to include a group tour of the nature center please call to check availability.

Want to make your science lessons come to life? Environmental education programs can be scheduled for your group by calling the Nature Center. Schedule an environmental or live animal program today!

Wanting to do something different this Fall? Here are some exciting fall activities.

1. Go apple picking.
2. Go on a nature hike.
3. Collect fall leaves.
4. Take a hayride.
5. Visit the pumpkin patch.
6. Visit a cornmaze.
7. Stuff a scarecrow.
8. Fly a kite.
9. Have a bonfire.
10. Make a leaf pile and jump in.

But whatever you decide to do, go outside and enjoy the crisp air.

Volunteer Your Time!

Calling all volunteers! We are currently and always looking for volunteers at Pocomoke River State Park. Do you have a particular skill that you would be willing to share with others? How about a little extra time to learn a skill and help out in your community? Perhaps you would like to meet people with similar interests? Read on to discover some amazing benefits of volunteering.

Why Volunteer?

Most people understand that volunteering provides much needed help to the community. However, did you know that volunteering also provides the individual with a plethora of benefits. According to the World Volunteer Web the following are just a few:

1. Volunteering helps you to learn or develop a new skill.

Volunteering is the perfect vehicle to discover something you are really good at and develop a new skill. As Mahatma Gandhi said, "Live as if you were to die tomorrow. Learn as if you were to live forever."

2. Be part of your community

No man or woman is an island. We sometimes take for granted the community that we live in. People and societies co-depend on each other for survival.

3. Motivation and sense of achievement

Fundamentally, volunteering is about giving your time, energy and skills freely. Unlike many things in life there is choice involved in volunteering. As a volunteer you have made a decision to help on your own accord, free from pressure to act from others.

4. Boost your career options

Also, if you are thinking of a career change then volunteering is a perfect way to explore new fields

By: Ranger Pease

Tips for volunteering.

Before you make the decision to volunteer, consider the following suggestions from the World Volunteer Web:

Tips for Getting Started Volunteering

First, ask yourself if there is something specific you want to do.

For example, do I want...

...to make it better around where I live

...to meet people who are different from me

...to try something new

...to do something with my spare time

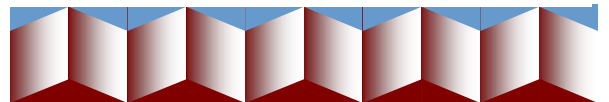
...to see a different way of life and new places

...to have a go at the type of work I might want to do as a full-time job

...to do more with my interests and hobbies

...to do something I'm good at

The best way to volunteer is to match your personality and interests. Having answers to these questions will help you narrow down your search.



If volunteering at a State Park fits in with your personal goals, we have many opportunities for you at Pocomoke River State Park. Check out the list of possibilities below:

- helping to write and edit the Pocomoke Paddler
- Helping to maintain and man a nature center
- Assisting with maintenance of birds of prey and reptiles
- Assisting with environmental education programs for school children. (special need in April)
- Variety of park maintenance projects.

For more information about volunteering at Pocomoke River State Park visit:

https://ec.volunteernow.com/recruiter/index.php?class=VolunteerNavigation&recruiterID=1289&act=CONTROL:OPP_SEARCH_LINK

The Science to eating Acorns!

The time has come for Thanksgiving Turkey, pumpkin pie, and a wide variety of yummy fall treats. And maybe this year a new tradition involving acorns!



Acorn Collection

Start collecting your acorns as soon as they start hitting the ground. Green or tan, the color doesn't matter. The green ones will become ripe in a few days. Continue collecting for as long as the acorns are falling.

Take a look at your collection

and get rid of any acorns that are noticeably defective. A hole in an acorn, much like an apple could be a sign of a worm. Also, the acorns should feel firm between your fingers.

If you are ready to try your acorns immediately, see the article on page 1 for instructions to remove the tannin from the acorns. Be aware that all species of acorns contain tannins. This is true even of the white oak acorns, that may not taste bitter. Consequently it is necessary to remove the tannins from all varieties of acorns. Notice that the directions instruct you to place the acorns in boiling water! This is critical since placing the acorns in cold water, then heating to a boil will bind the tannins to the acorns.

The boiling method of removing tannins is great if you plan to roast and eat the acorns as a snack. If you plan to make

acorn flour, such as the recipe below calls for, a cold water method of removing the tannins is preferable. This was originally done in a moving stream, where the acorns were allowed to sit for days. However, now days it is much more convenient to use a sink. Place the acorns in a clean pillow case and leech in cold, running water for several hours. (Until the bitter taste is gone.) This method is really only recommended for acorn varieties that are less bitter to begin with. Give the pillowcase a little squeeze now and then to remove the water as the leeching process continues.

If you are not quite ready to eat your collected acorns, they can be dried for future use. Keep in mind, the longer you store them, the less flavor and nutritional value they will have.

Nutrition Facts

Serving Size: 1 ounce

Amount per serving

Calories 110

Calories from fat 61

Total fat 6.76 g

Cholesterol 0 mg

Sodium 0 mg

Potassium 153 mg

Total Carbohydrate 11.55 g

Dietary fiber 0 g

Sugar 0 g

Protein 2 g

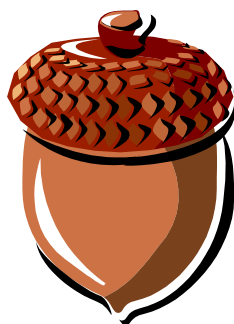
Pioneer Acorn Bread and Acorn Muffins

<http://www.grandpappy.info/racorns.htm>

A great alternative to traditional muffins!

Ingredients :

- 1 c. Acorn Meal
- 3 Tbsp baking powder
- 1 c. flour
- 3 Tbsp oil
- 1 tsp. salt
- 1 c. milk or water
- Optional: You may add 1 egg to the above ingredients.



STEP 2

Mix in the acorn meal, flour, salt, and baking powder and stir into a smooth dough. Place in a greased bread pan.

STEP 3

Cook: Bake at 400 degrees for 30 minutes. Cool and serve.

STEP 4

Variation 1: Acorn muffins: Fill greased muffin tins about 2/3 full with above mixture and bake at 400 degrees F for 20 minutes.

Variation 2: Acorn Pancakes Use the above recipe for Pioneer Acorn Bread, but use 2 eggs and 1 1/4 c. milk. Drop the batter from a ladle onto a

hot, greased grill. When bottom is brown, turn once and brown other side. Serve with butter, syrup, honey, jelly, or fresh fruit.



<http://rock-n-roll-party.tablespoon.com>

STEP 1

Combine milk, egg (optional), and oil and beat until smooth.

Pocomoke River State Park

3461 Worcester Highway

Snow Hill, MD 21863

PHONE: (410)632-2566

FAX: (410)632-2914

www.dnr.maryland.gov

EMAIL THE NATURALIST:

pocomokepaddler@dnr.state.md.us



MARTIN O'MALLEY, GOVERNOR



JOHN R. GRIFFIN, SECRETARY

The facilities and services of the Maryland Department of Natural Resources are available to all without regard to race, color, religion, sex, sexual orientation, age, national origin or physical or mental disability. Call toll free in Maryland 1-877-620-8DNR ext. 8780, TTY via Maryland Relay: 711 (within MD) 800-735-2258 (out of state) or visit www.dnr.maryland.gov. Accommodations for individuals with disabilities will be provided upon request. Seven days advance notice is requested.

GUESS WHERE YOU CAN FIND THIS!



- ♦ The Chandler ORV tract is now closed for off road vehicles. So now is the perfect time to take a hike!
- ♦ Enjoy the crisp fall air by hiking the trails in Pocomoke River State Park and Pocomoke State Forest. You burn an average of 100 calories per mile just by walking!

Job Opportunities at Shad

Summer Seasonals:



Are you looking for a summer job? The park will be looking for mature, enthusiastic and motivated people to work at Pocomoke River State Park for the 2013 summer season. The park will soon be taking applications for camp store and boat attendants, naturalist, maintenance personnel, and lifeguards. Visit <http://www.dnr.state.md.us/> and click on job openings for more information. For more information, please call 410.632.2566 ext. 149. A description of each position is listed below.

Pool Lifeguard

Must be certified in basic lifesaving or lifeguard training, CPR, and first aid. Physical fitness required. Other duties include cleaning pool area and restrooms, pool maintenance, and collection of admission charges.

Camp Store/Office Staff

Collection of service charges, answering telephone, registering campers, and providing general information to the public. Ability to use computer, cash register, and radio (for communications). Cleaning of camp store and restocking of supplies.

Maintenance

Cleaning restrooms and facilities, trash pick up, mowing, and general maintenance work.

Naturalist

Develop and present environmental/educational programs for the public. Plan and conduct nature programs for the public. Responsible for marketing of events, record keeping, and collection of program service charges. Must be at least a junior in college and/or equivalent with background in natural sciences and water safety.

Pocomoke River State Park

Attn: Seasonal Application

3461 Worcester Highway

Snow Hill, MD 21863